



SelectHealth Advantage Healthy Living 2020

START LIVING A HEALTHIER LIFESTYLE TODAY. EARN A \$50 GIFT CARD.

Healthy lifestyles have proven to pay off. We know that regular preventive care along with exercise and proper nutrition can help prevent or delay disease and disabilities.

But we all need a little motivation from time to time to live healthy. That's why SelectHealth Advantage® (HMO) members can get rewarded for keeping up with wellness activities like annual routine physicals and flu shots.

Here's how it works:

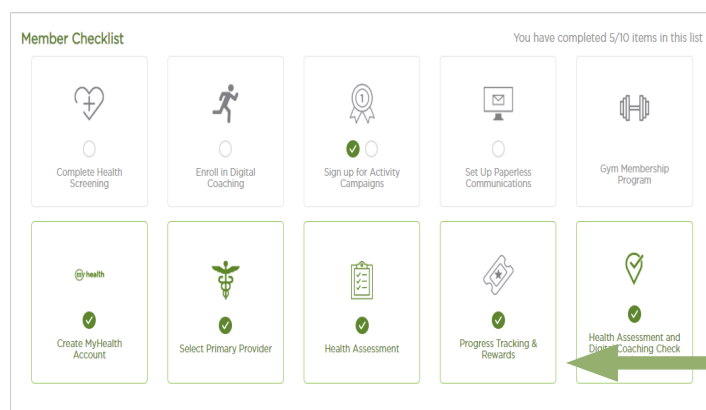
- 1. Choose** wellness activities to earn at least 70 rewards points.
- 2. Record** and track the completion of your wellness activities using the Checklist in this newsletter or track your activities online in the Healthy Living portal using the "Activities and Rewards" page.
- 3. Redeem** 70 points by December 30, 2020 to receive your \$50 Visa gift card.



2020 HEALTHY LIVING WELLNESS ACTIVITIES		POINTS
Annual Routine Physical	This is a required activity to be eligible for the \$50 gift card. Preventive care is an important factor in maintaining good health. The annual routine physical is a service that is designed to help you and your primary care provider identify the care you need and manage any chronic conditions you may have.	40 points
Flu Shot	It's recommended that you receive a flu shot every year to prevent the flu.	20 points
Colonoscopy	If you are between the ages of 50 and 75, it's recommended you receive a colonoscopy at least every 5 years (every 2 years for high-risk members). Colonoscopy screenings can identify and remove precancerous colon polyps.	20 points
Mammogram	If you are a female between the ages of 52 and 74, it's recommended that you receive a mammogram every one to two years.	20 points
Eye Exam	Eye health is important for everyone. Regular eye exams can be especially important for people who have been diagnosed with diabetes, glaucoma, or cataracts.	20 points
Advance Directives	It's recommended that you review your advance directives with your provider.	10 points
Physical Activity	Staying active is one of the best ways you can maintain good physical, mental, and emotional health. Participate in at least 30 minutes of physical activity per day for the past three weeks.	10 points
Online SelectHealth Account	Your online account is not just for tracking Healthy Living activities. You can also look up past medical claims, print your member ID card, and review important plan information. Create your online SelectHealth account or log in and confirm your Primary Care Provider (PCP) is listed correctly.	10 points
Your Choice	There are a number of ways you can stay healthy and active. Tell us what you did to participate in Healthy Living.	10 points

HOW TO ACCESS THE HEALTHY LIVING ONLINE PORTAL

You can track **Activities**, view your **Reward Points** balance, and redeem points for your **\$50 gift card** with your online SelectHealth Account.



Visit selecthealth.org/medicare and click **“Member Login”** to sign up for account. If you do not have a SelectHealth account, follow the simple registration process. If you already have an account, simply log in.

Under your Member Checklist, click on the **Progress Tracking and Rewards** button to access the Healthy Living dashboard.

2020 Healthy Living Wellness Activities Checklist

If you are a SelectHealth Advantage member on a Utah or Idaho plan, you can participate in Healthy Living. Nevada plans are not eligible to participate. If you are unable to use your online account to track your wellness activities, use this checklist. Once you have earned at least 70 points, return this completed checklist by **December 30, 2020** to the PO Box at the bottom of this checklist to claim your \$50 gift card for 2020. Additional gift card options are available online.

ACTIVITY		DATE COMPLETED	POSSIBLE POINTS	MY POINTS
Annual Routine Physical	I have received an Annual Routine Physical from my primary care provider during 2020.	____/____/____	40	
Flu Shot	I have received a flu shot during 2020.	____/____/____	20	
Colonoscopy	I have received a colonoscopy during 2020.	____/____/____	20	
Mammogram	I have received a mammogram during 2020.	____/____/____	20	
Eye Exam	I have received an eye exam during 2020.	____/____/____	20	
Advance Directives	I have reviewed my advance directives with my primary care provider during 2020.	____/____/____	10	
Physical Activity	I have participated in at least 30 minutes of physical activity per day for the past three weeks.	____/____/____	10	
Online SelectHealth Account	I have logged into my SelectHealth account and confirmed my primary care provider.	____/____/____	10	
Your Choice	What I did: _____ _____ _____	____/____/____	10	

Total Points: _____

Once you have earned at least 70 points, please mail the completed form to **P.O. Box 30196 Salt Lake City, UT 84130-0196** or fax it to **801-442-6580** to receive a \$50 Visa gift card. Your gift card will ship within two to three weeks after your checklist is received. Your gift card PIN will be the last four digits of your Member ID number. You are eligible to receive one \$50 gift card during 2020.

Name _____ Ph# (____) _____

Member ID# (found on your SelectHealth Advantage ID card) _____

Mailing address _____ City, State, ZIP _____

I certify that I have received an Annual Routine Physical and earned at least 70 points. I would like to use these points for a \$50 Visa gift card.

Signature _____ Date ____/____/____

Disclaimers: SelectHealth is an HMO, HMO-SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-442-9900** (TTY: 711)

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 **1-855-442-9900** (TTY: 711).



P.O. Box 30196
Salt Lake City, UT 84130

IMPORTANT SELECTHEALTH
ADVANTAGE INFORMATION

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Start earning your \$50 gift card today!

Contact Us

Questions about benefits or healthy living? Call Member Services toll-free at **855-442-9900** during the following dates and times:

October 1 to March 31:

Weekdays 7:00 a.m. to 8:00 p.m.,
Saturday and Sunday 8:00 a.m. to 8:00 p.m.

April 1 to September 30:

Weekdays 7:00 a.m. to 8:00 p.m.,
Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711.